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## The Classic Breakfast Ciabatta

The Classic Breakfast Ciabatta is a popular breakfast dish that originated in Italy. It is made with a freshly baked ciabatta bread, filled with crispy bacon, fried eggs, and melted cheese. The combination of flavors and textures makes it a perfect breakfast option for those who enjoy a hearty and savory meal. The dish is typically served with a side of fresh fruit or a cup of coffee.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

<b>200 g</b>	ciabatta bread
<b>100 g</b>	bacon
<b>4 pieces</b>	Eggs
<b>100 g</b>	Cheese

# Directions

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## Step 1

Oven

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Cut

Slice the ciabatta bread in half horizontally.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Frying

Place the bacon in a frying pan and cook until crispy.

**Prep Time:** 3 mins

**Cook Time:** 5 mins

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## Step 4

## Frying

Fry the eggs in a separate pan until the whites are cooked and the yolks are still runny.

**Prep Time:** 3 mins

**Cook Time:** 2 mins

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## Step 5

Place the sliced cheese on the bottom half of the ciabatta bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Top the cheese with the cooked bacon and fried eggs.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

Cover with the top half of the ciabatta bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 8

## Oven

Place the assembled ciabatta on a baking sheet and bake for 5 minutes, or until the cheese is melted.

**Prep Time:** 1 mins

**Cook Time:** 5 mins

## Step 9

Remove from the oven and let it cool for a few minutes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 10

### Cut

Slice the ciabatta into individual servings and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 450 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	250 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Meal Type

Breakfast Brunch Lunch Snack Dinner Supper

### Course

Breads Salads Snacks

### Cultural

Chinese New Year

### Diet

TLC Diet (Therapeutic Lifestyle Changes) Macrobiotic Diet  
 OMAD (One Meal a Day) Diet Vegetarian Diet Vegan Diet  
 Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet Engine 2 Diet Ayurvedic Diet  
 Anti-Inflammatory Diet Low Glycemic Index Diet The Fast Metabolism Diet

### Difficulty Level

Easy

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